

Peanut Butter Banana Protein Oatmeal

Servings: 1 hungry lifter

Prep Time: 2 minutes

Cook Time: 4 minutes

Total Time: 6 minutes

Ingredients

- ½ cup rolled oats
- 1 cup low-fat milk (1%)
- 1 small banana, sliced
- 1 Tbsp natural peanut butter
- 1 scoop whey protein (about 30 g)

Instructions

1. In a saucepan, simmer the rolled oats in low-fat milk for 3–4 minutes, stirring until thick and creamy.
2. Remove from heat and immediately whisk in the whey protein until smooth.
3. Top with fresh banana slices and a drizzle of peanut butter.
4. Serve warm. Best eaten 60–90 minutes before training, or right after if you skipped a pre-workout meal.

Nutrition (per serving)

- **Calories:** 520
- **Protein:** 35 g
- **Carbohydrates:** 60 g
- **Fat:** 12 g (3 g saturated)
- **Fiber:** 7 g
- **Added Sugar:** 0 g

Training Tip

Pair this high-protein oatmeal with a **full-body dumbbell routine twice a week** to support lean muscle gain without unnecessary bulking calories.